TR100 / TR200

LifeSpan™

MyTread

Owners Manual

by PCE HEALTH & FITNESS

For safe use and product knowledge, please completely read this Product OWNERS MANUAL.

Welcome to LifeSpan

Congratulations in taking a step forward to increase your level of physical activity or add variety to your current exercise program. Physical activity is now more than ever a necessity to keep your body healthy and fit. Whether your motivation is to Lose Weight, manage a Chronic Disease like diabetes, train for a sporting event or just live a Healthy Lifestyle, LifeSpan products can help you achieve your health and fitness goals.

In this manual we have included exercise information that is specific to each of these 4 key motivations for exercise. We also invite you to the LifeSpan Fitness website at www.LifeSpanfitness.com where we include additional information and tools to help you maintain your exercise program and achieve your health and fitness goals.

The LifeSpan Home series of cardio equipment is designed for the more than 60% of consumers who say they prefer to exercise in the comfort and privacy of their own homes. Each Home series product is designed and manufactured to exceed your expectations for quality and durability, simple assembly and ease of operation.

Please read this manual thoroughly before assembly and operation of your new LifeSpan equipment. It includes information on proper operation, safety precautions, product assembly and ongoing maintenance.

Remember that some types of services should only be performed by a qualified service technician. In the instance that service is required, please contact your authorized LifeSpan retailer or log on to our website and select the Customer Support option. Complete the information requested and we will respond to your inquiry within 2 business days.

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Neither PCE Health and Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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LifeSpan

Limited Home Use Warranty

The LifeSpan TR100 and TR200 Folding Treadmills come with the following limited warranty, which applies only for the use of the Treadmill in the home, for residential, non-commercial purposes.

Frame:	Lifetime
Motor:	5 Years
Parts:	1 Years
Labor:	1 Year

PCE Health and Fitness warrants that the equipment it manufactures is free from defects in material workmanship under normal use and service. The periods above are based on the date of purchase. During these periods, PCE Health and Fitness will repair or replace any defective part. Free labor is included for the first year on all parts that are not normally assembled or replaced by the customer. Customer may be responsible to pay for Service Technician travel time where travel in excess of 20 miles is required.

If within the time frames specified above, any part fails to operate properly, log on to our web site at www.lifespanfitness.com and click on Customer Support and complete the form to request assistance.

PCE Health and Fitness reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by PCE Health and Fitness are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly or maintenance, accident, or an "act of god".
- This warranty does not apply to discoloration of paint or plastics.
- PCE Health and Fitness shall not be responsible for incidental or consequential damages.
- This warranty is nontransferable from the original owner.

Registration

You must register your LifeSpan product before a warranty claim can be processed. To complete your registration online go to www.lifespanfitness.com and click on Register Products, or fill out the warranty card provided and mail it today. Registration cards must be received by PCE Fitness within 30 days of purchase to activate the Product Warranty. Product Warranties are not valid unless the card is properly completed and received within 30 days.

Important Safety Precations

When using exercise equipment, basic precautions should always be followed, including:

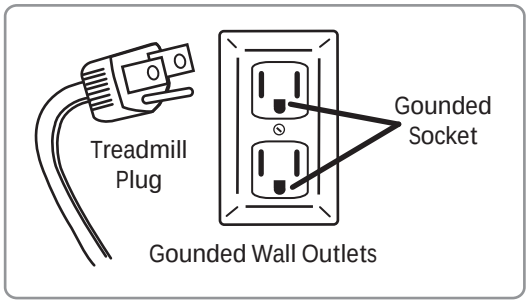
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged or even partially submersed in water.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
- Do not use outdoors.
- Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Do not hang or place items on the treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
- Do not operate with the side rails removed.
- Keep the treadmill on a solid surface, with the side rails and front a minimum of two feet from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 4 feet of clearance is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, this may pinch or damage the cord causing □re damage or personal injury.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by PCE Heath and Fitness.
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children off your treadmill at all times.
- When in use children and pets should be kept at least 10 feet away.

Grounding Instructions

- Never use extension cords between the treadmill and the wall outlet.
- This product is for use on a nominal 120 volt circut, and has a grounding plug similar to the illustration below. Never remove or otherwise bypass the eletrical ground terminal.



Danger: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a quali□ed electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not □t in the outlet, have the proper outlet installed by a quali□ed electrician.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.
- This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

Note: Read all instructions and save for future use.

Being Healthy and Fit

How Much Should You Exercise

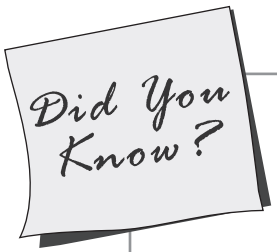
Congratulations again for making a commitment to improve your health and fitness with your LifeSpan Treadmill purchase. At LifeSpan we are committed to not only providing you with outstanding exercise equipment but we are also committed to providing you with the most current medically based exercise recommendations so you achieve great success in your exercise program. Our Director of Medical Programs has developed the following recommendations based on the most recent medical fitness research to provide you with guidelines that you may use to get started in your exercise program, achieve success and maintain your exercise program for the rest of your life! After all, the greatest gift you can give yourself is the "Gift of Health & Fitness!"

At the time of the publication of this Owners Manual new physical activity guidelines have just been announced in Washington D.C. This announcement marks the first time the federal government has released exercise recommendations for the public.

Choose your age category below, and find recommendations, research and tips from ACSM and AHA. Our LifeSpan team along with the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) are proud to serve as a resource to help people understand the new guidlines and ultimately live healthier, more active and higher quality lives.

Guidelines for Healthy Adults Under Age 65

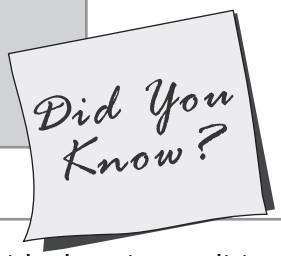
Basic recommendations from ACSM and AHA:
Do moderately intense cardio 30 minutes a day, five days a week
Or
Do vigorously intense cardio 20 minutes a day, 3 days a week
And
Do 8 to 10 strength training exercises, 8 to 12 repetitions each, twice a week



Moderate Intensity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Guidelines for Adults Over Age 65
(or adults 50-64 with chronic conditions such as arthritis)

Basic Recommendations from ACSM and AHA
Do moderately intense aerobic exercise 30 minutes a day,
five days a week
Or
Do vigorously intense aerobic exercise 20 minutes a day, 3 days a week
And
Do 8-10 strength training exercises, 10-15 repetitions each,
2-3 times a week
And
If you are at risk of falling, perform balance exercises
And
Have a physical activity plan



Older adults or adults with chronic conditions should develop an activity plan with a health professional to manage risks and take therapeutic needs into account. This will maximize the benefits of physical activity and ensure your safety.

Tips for Meeting the New Exercise Guidelines

With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life.

Do it in short bouts: Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy schedule.

Mix it up: Combinations of moderate and vigorous intensity physical activity can be used to meet the guidelines. For example, you can exercise at a moderate intensity on your Elliptical for 30 minutes twice per week and then two other days per week exercise at a higher intensity to provide your body with a constantly changing workout. Having ongoing changes in your workout will cause your body to receive a greater training response from your workouts, than if you simply did the same exercise every day for the exact same amount of time at the same intensity. Repetitive workouts will not cause an improvement in your overall fitness level because your body becomes accustomed to the workouts, and therefore your overall fitness level will no longer improve.

Set your schedule: Research has proven that most people prefer to exercise at home. Having a home based exercise program saves time, is more comfortable and allows you to do it at a time when it is most convenient for you. One of the main keys to a successful exercise program is to set aside specific days and time for exercise, making it just as much a regular part of your schedule as everything else.

Starting an Exercise Program

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations.

Before you begin an exercise program or substantially increase your level of activity, be sure to consult your primary care physician. In preparation for a visit you may also want to take the PAR-Q Assessment. This Physical Activity Readiness Questionnaire (PAR-Q) will help you determine your suitability for beginning an exercise program and prepare you for discussing your physical activity program with your physician.

1. Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
2. Do you feel pain in your chest during physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness?
5. Do you ever lose consciousness?
6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
7. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
8. Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more of the questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult a physician before beginning an exercise program or substantially increasing your physical activity. If you answered no to each question, then it's likely you can begin an exercise program.

Pre-Exercise Resting Heart Rate Check

Before beginning your exercise program it is recommended that you check your resting heart rate. Your resting heart rate should be taken in a seated, relaxed position. Find your resting pulse and begin your count with "zero" on the first heart beat. Continue counting each time you feel your pulse until you have counted for a full 30 seconds. Next, double the number that you counted for 30 seconds and you now have your pre-exercise resting heart rate. Remember this number as we also recommend taking a post-exercise resting heart rate after you have completed your exercise program and you will want to remember your pre-exercise heart rate so you can compare the two heart rate measurements.

Heart Rate Training

You must train at a variety of different heart rates in order to stimulate your body to improve your fitness level. Your training heart rate zone is a critical element in exercise. Taking your pulse and figuring your heart rate during a workout is one of the primary indicators in determining the intensity level at which you and your heart is working.

As a general rule, you should exercise at an intensity between 50% -85 % of your heart rate reserve. Your individual level of fitness will ultimately determine where you fall within this range**.**

Use the following table as a guide for determining your **Exercise Intensity** level:

Beginner or low fitness level . . .40% - 60%
Average fitness level . . . . . 60% - 70%
High fitness level . . . . . 75% - 85%

220 - Age = Maximum Heart Rate (MHR)
MHR – Your Resting Heart Rate = HRR (Heart Rate Reserve)
HRR x Exercise Intensity + Your Resting Heart Rate = Your Training Heart Rate at the Calculated Intensity

For example, Elaine is 33 yrs old, has a resting heart rate of 75 and she is just beginning her exercise program (her intensity level will be 50% - 60%.) Elaine's training heart rate zone will be 131-142 beats per minute:

Elaine's Minimum Training Heart Rate is set at an intensity of 50%
220 - 33 (Age) = 187
187 - 75 (Rest. HR) = 112
112 x .50 (Min. Intensity) + 75 (Rest. HR) = 131 Beats/Minute = Elaine's Training Heartrate at 50%

Elaine.s Maximum Training Heart Rate is set at an intensity of 60%
220 - 33 (Age) = 187
187 - 75 (Rest. HR) = 112
112 x .60 (Max. Intensity) + 75 (Rest. HR) = 142 Beats/Minute = Elaine's Training Heartrate at 60%

Periodically, take your pulse during your exercise session to gauge your intensity level.

Visit LifeSpanfitness.com for tools on calculating your training heart rate and to learn more about the importance of heart rate training.

Heart Rate Training Zones

Beginning Zone
Zone 0 - Low Heart Rate Zone: 40% - 50% of your Max HR
Exercise Benefits: An ideal heart rate training zone if you are a beginning exerciser, or to use on Active Rest, easy or recovery training days.

Most Comfortable Zone
Zone 1 - Healthy Heart Zone: 50%- 60% of your Max HR
Exercise Benefits: Body fat decreases, blood pressure lowered, cholesterol lowered, muscle mass improvements, decreased risk for degenerative diseases, safety high.

Cruise Zone: You can train for extended periods of time in this zone
Zone 2 - Temperate Zone: 60% - 70% of your Max HR
Exercise Benefits: Gain muscle mass, lose fat mass, strengthen heart muscle, your muscles to burn fat, your fat cells to increase the rate of fat release. (75% - 85% of all calories from fat as fuel)

Transition Zone: moving from health zones to performance zones
Zone 3 - Aerobic Zone: 70% - 80% of your Max HR
Still feels comfortable, you will break a sweat, but no anaerobic burn sensation
Exercise Benefits: Improved overall functional capacity with increase in the number and size of blood vessels, increased vital capacity, respiratory rate, increase in size and strength of the heart.

Max Calorie Burn Zone
Zone 4 - Threshold Zone: 80% - 90% of your Max HR
Exercise Benefits: Max fat burn, but you must be fit enough to train with some oxygen present for additional fat burn. No fat burning if exercising above fat burning heart rate.

Peak Race Zone : Athlete Only Zone!
Zone 5 - Performance RedLine Zone: 90% - 100% of your Max HR
Exercise Benefits: Highest total calories burned, but lowest percentage of fat calories. This zone is ONLY for the VERY HEALTHY & FIT!!! Spending too much time in this zone, even for elite athletes can be painful, cause injuries and lead to overtraining, which leads to poor performance!

Warm-up and Cool Down

Regardless of your exercise program it's important that you always warm up before each workout and cool down at the end of the workout.

Warm-up: Be sure to always warm-up for at least 3 – 8 minutes or even longer if you are sore and stiff from a previous workout. A warm-up should consist of easy, rhythmic activities at a pace that you can very easily carry on a full conversation while exercising. You can use your elliptical trainer to warm up or other activities to provide variety. Involve both your upper and lower body when warming-up . As you complete your warm-up gradually increase your exercise intensity up to your ideal exercise intensity for your workout. By moving from your warm-up intensity slowly into your higher workout intensity you will significantly decrease your risk of injury in your workout.

Cool Down: Following your workout you should always save time to cool down. Once you have completed your core workout, slow down your intensity to the same intensity you used in your warm-up. Maintain that pace for at least 5 minutes, longer if again you are still sore from a previous activity. Be sure to continue your cool down until you feel completely recovered and find your resting heart rate to be within 10 beats of your pre-exercise resting heart rate within 5 minutes of ending your exercise. Remember if you are sore tomorrow from your workout today, you did not cool down sufficiently, or if your resting heart rate does not return to within 10 beats of your pre-exercise heart rate within 5 minutes of ending your workout, you either did too much in your workout that day, or you did too much in the days before this workout. Continue cooling down until you feel that your body is fully recovered and your resting heart rate is close to being within 10 beats of your pre-exercise resting heart rate. Be consistent with your cool down and pay attention to how your body feels. You will reduce your risk of injury, feel better following your workouts and be ready for your next workout session feeling refreshed and energized.

Your Motivation to Exercise

Understanding what motivates you to exercise is important for you to customize your exercise program and help you focus on meaningful goals in your exercise program. At LifeSpan our research indicates that people exercise with 1 of 4 primary objectives in mind. These are Weight Loss, Chronic Disease Management, Healthy Living and Sports Training. For more information visit the lifespan fitness web site at www.lifespanfitness.com

Weight Loss

If you're not at a healthy weight you're not alone. The good news is that exercise and proper nutrition can help you be successful in losing weight. The magic formula for weight loss is to burn more calories than you consume – simple to say, but difficult for many to implement.

Why Diets Don't Work

Numerous studies prove diets just don't work for a majority of people trying to lose weight. A "dieter" tends to deprive their body the food they need, creating a survival mode in which their body reduces the calories used and preserves them for later. Their body becomes used to operating on this restricted calorie level and lowers their metabolism, making it even more difficult to burn stored fat calories and lose weight.

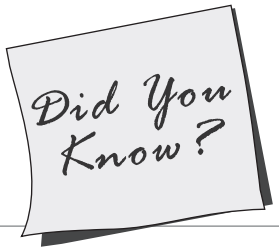
Instead of dieting, effective weight loss can be achieved by reducing caloric intake to reasonable levels without starving your body, and getting enough physical activity. Increased physical activity will also decrease your risk of dying from coronary heart disease and reduces the risk of developing other life threatening diseases such as diabetes, hypertension and cancer.

Healthy Lifestyle

Making the appropriate changes to your lifestyle is often critical to losing weight and keeping the weight off. Below are characteristics of adults who lost at least 30 pounds and have kept it off for at least 1 year. Most members of the National Weight Control Registry attribute their success to continuing to maintain a low calorie, low fat diet and doing high **levels of activity.**

Habits that help the successful…

- 78% eat breakfast everyday
- 75% weigh themselves at least once a week
- 62% watch less than 10 hours of TV per week
- **90% exercise at least one hour per day on average**



You have to burn 3,500 calories to lose one pound of fat.
For each pound of muscle you gain you will burn at least 100 more calories a day.
Varying your workout will help you lose more fat than if you simply walk 30 minutes at a steady pace.

Training Tips for Weight Loss

To achieve success in your weight loss exercise program focus on the following easy to follow guidelines:

- **Enjoy Your Exercise -** Ease into your exercise program every day when you are a beginner so you enjoy your exercise as much as possible.

- **Know Your Exercise Target Heart Rate -** Ask your physician for your customized Target Heart Rate so you will know how hard or how easy to exercise on each of your workout days.

- **Give Yourself a Break** – If you're not feeling well one day or if you find yourself not looking forward to your exercise program anymore, it may be time to take a break.

- **Change Your Exercise Routine -** Exercise that will give you weight loss results needs to be constantly changing so your body doesn't become bored and reach a "fitness plateau".

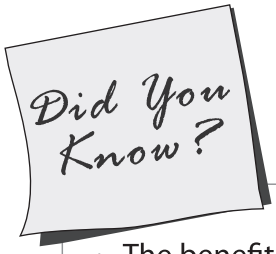
- **Move as Much as Possible -** In addition to your regular exercise program, remember to move as much as possible each day of your life! Studies have shown that overall calorie burn is greatest achieved if you workout regularly using a variety of exercise programs.

Healthy Living

At LifeSpan we're here to help you live your best life. Whether you're a busy mom, an active volunteer, retiree, or a career professional, taking the proactive steps to maintain your good health and fitness is commendable. Using proven best practice techniques can help you get the most benefit out of your time exercising.

Dedicated to a Good Life

Living well and proactively taking care of your body is important. We value your lifestyle of eating healthy and exercising regularly. These factors will help you live a long and healthy life with less stress, better sleep and a lower risk of many chronic diseases. Reading the information provided in this section may add value to your exercise regiment.



- The benefits of exercise are tremendous! You may know that when you exercise your brain releases mood-enhancing hormones called "endorphins". These "endorphins" may actually improve your body's insulin action, thereby reversing or decreasing insulin resistance, a condition that can lead to diabetes.
- The average individual has a resting heart rate between seventy and eighty beats per minute, whereas it is not uncommon for an Olympic cross country skier's pulse to be in the forties.
- For each pound of muscle you gain you will burn at least 100 more calories a day without even doing any exercise! A body that has more muscle has a higher metabolism than a body with less muscle.

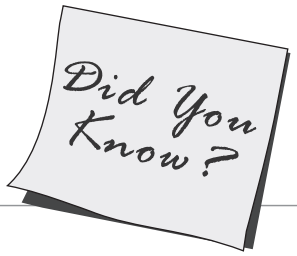
Disease Management

Preventing or managing a chronic disease is a matter of life for many adults and children alike. In fact the statistics are staggering.

- 21 million people, or 7% of the U.S. population , have diabetes, and over 54 million are pre-diabetic (American Diabetes Association)
- Heart Disease is the #1 killer of women – one in four women die from Heart Disease (American Heart Association)
- Over 40% of African Americans have high blood pressure
- Many research studies indicate that moderate exercise activity increases the level of HDL (good cholesterol)
- As many as 90,000 cancer deaths per year could be prevented if Americans could only maintain a normal, healthy body weight (American Cancer Society)

Exercise is the most forgotten prescription for everyone! In fact, exercise is the best prescription to manage many diseases and chronic conditions. Regular exercise has a positive effect on the general health of people fighting a specific or multiple diseases and/or chronic conditions, and can lesson the severity of emotional disorders by providing a sense of greater control over the disease, illness or injury.

Physicians frequently prescribe exercise in conjunction with prescription medicine. The downside of most doctor visits is that while you may be told to exercise, you may not be given any specifics about how to exercise. Your doctor may recommend you exercise for 30 minutes a day 3-5 days a week, but the discussion may end there, or you may have balance challenges that prevent you from beginning a traditional program. Discuss the type of exercise they recommend and ask for an exercise program that has been designed specifically for you.



- A single exercise session was proven to improve the function of blood vessels and blood lipid levels to a significant degree, and the benefits persisted the next day.
- Regular exercise helps keep arteries elastic, even in older people, resulting in blood flow and normal blood pressure. Sedentary people have a 35% greater risk of developing hypertension than athletes.
- Keeping blood glucose, blood pressure, and cholesterol in control can make a difference in reducing your risk for heart attack or stroke.
- Resting heart rate averages 60 to 80 beats per minute. Your resting heart rate typically decreases with age. In middle-aged, unconditioned, sedentary individuals the resting rate can exceed 100 beats per minute.

Sports Training

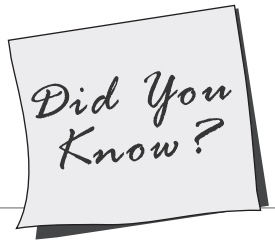
Here you'll learn how to maximize your training to achieve your sports performance goals based on the most current sports science research. As a training athlete it is vitally important to focus on a well-rounded, medically-based approach to your fitness and performance program.

Whether you're training for an upcoming 5K or half marathon, preparing for a 100 mile bike ride, or seeking to maintain your tennis or golf game, the information in this section can help you enhance your competitive edge whether you're competing against others or just yourself.

Five Tips to Enhance Your Training Program

The following tips will help you enhance your training program so that you will prevent over-training, maximize your training workouts, reduce your risk of injury, gain the greatest health benefits from your workouts and improve your overall sports performance to your greatest potential.

Tip #1 - Sleep and Your Resting Heart Rate. Try to get at least seven to eight hours of sleep every night. In addition, take your early morning resting heart rate as soon as you wake up. If your early morning heart rate increases by more than ten beats per minute over your previous morning heart rate readings, you may be over-training. Reduce the intensity and the duration of your workouts for a few days and if your heart rate doesn't drop to its slower rate then continue reducing the intensity and even the frequency of your workouts until you find your early morning heart rate back to its normal resting rate.



- To speed up recovery after working out athletes should always do a 10-20 minute cool down at a progressively lower intensity to speed the removal of lactic acid from the working muscles and blood.
- As little as six grams of protein (more is not better) may accelerate protein synthesis in the muscles following exercise. Expensive protein powders and amino acid supplements are no more effective than normal foods (i.e., meat, fish, eggs) at providing the necessary amino acids.
- It is important to replace both water and electrolytes (especially sodium) during and following exercise to minimize dehydration, stabilize blood volume and avoid muscle cramps.
- Although there are exceptions, athletes generally require at least seven hours of sleep each night to perform at their best.

Tip #2 — A Balanced Training Program
Establish the foundation of your training in a program that is balanced between cardiovascular endurance development and speed development, strength and flexibility development, and agility development. Focus your daily workouts on the following format:

- Full Body Warm-up
- Full Body Stretching
- Agility Drills
- Your Sports Specific Workout
- Full Body Cool Down
- Full Body Stretching

Complete a full strength training session a minimum of three days per week, preferably every other day, to provide your body a full day to recover in between training sessions.

Tip #3 — Cross Training
Try to give your body a break by doing some "cross training" in your weekly workouts. If you are a runner, try cycling or swimming to give your legs and joints a break from the pounding of everyday running. Doing your workouts on exercise equipment that is slightly different than your usual training regimen is another great way of changing your routine to give your body a break and provide a different training stimulus to gain a greater performance benefit. In addition to cross training, give yourself one or two days off every week to allow your body to rest and recover, allowing for a fresh start to your next week's training.

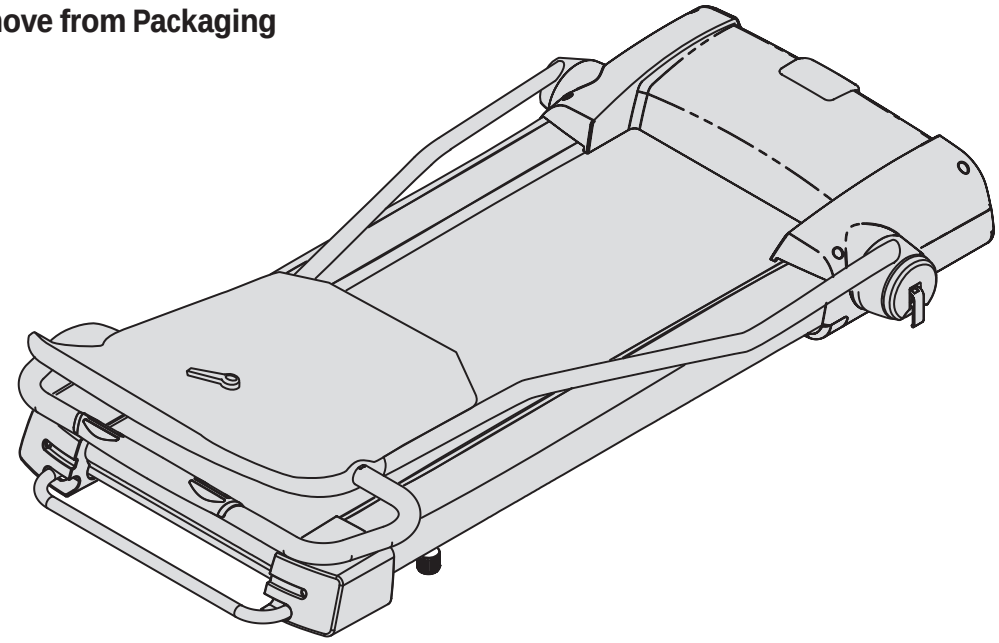
Tip #4 — Mentally Prepare
Be sure to mentally prepare for your training and competition.
Remember, your body will only perform as well as your mind thinks you can.

Tip #5 — Monitor Your Heart Rate
Consider monitoring your heart rate at least three or four days per week in your training. Exercising with a heart rate monitor can significantly improve the specificity of your training and allow you to gain greater aerobic and anaerobic development in your training without having to stop and manually take your heart rate.

Assembly

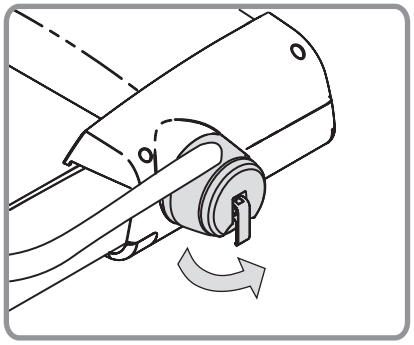
At LifeSpan we strive to make our equipment easy to assemble and start using. The TR100 and TR200 model treadmills come completely assembled in the box and are ready to operate in just minutes.

Step 1: Remove from Packaging

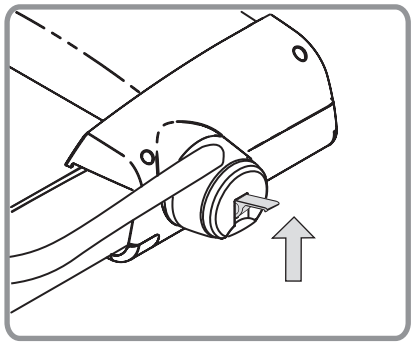


Step 2: Stand up the Console

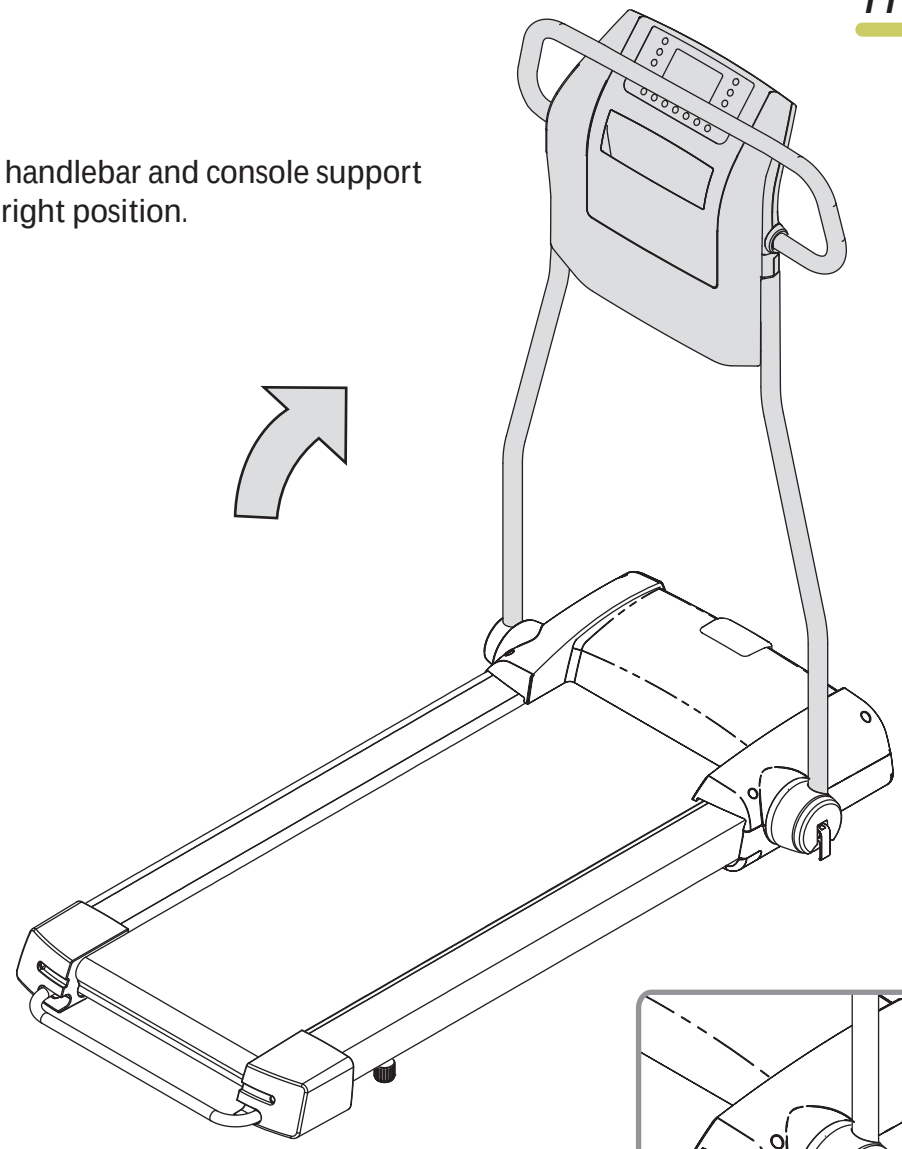
A. Rotate the blue round cap on each side at the bottom of the post ½ turn counterclockwise to release any pressure on the locking mechanism.

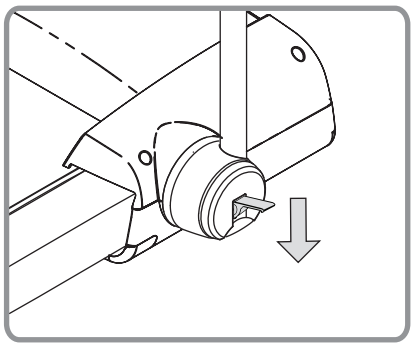


B. Lift up the quick release lever on the same round cap. Repeat on the opposite side.

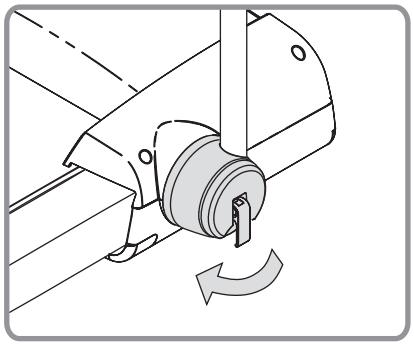


C. Raise the handlebar and console support to the upright position.





D. Press down the quick release lever to lock handlebar and console support in place.

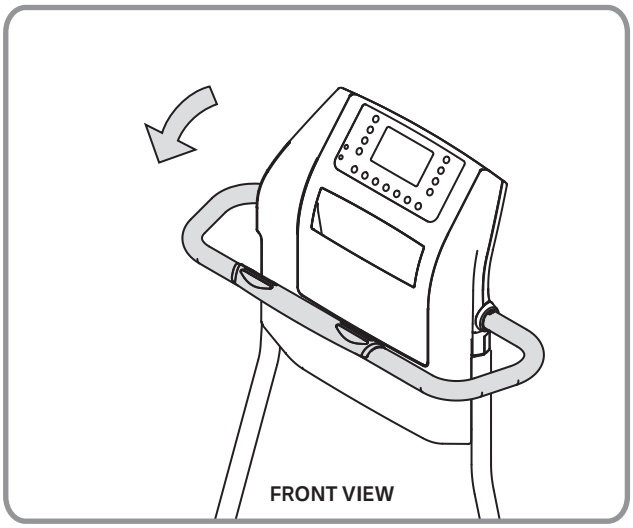


E. Turn the blue round cap clockwise to tighten and secure the joint. Repeat on the opposite side.

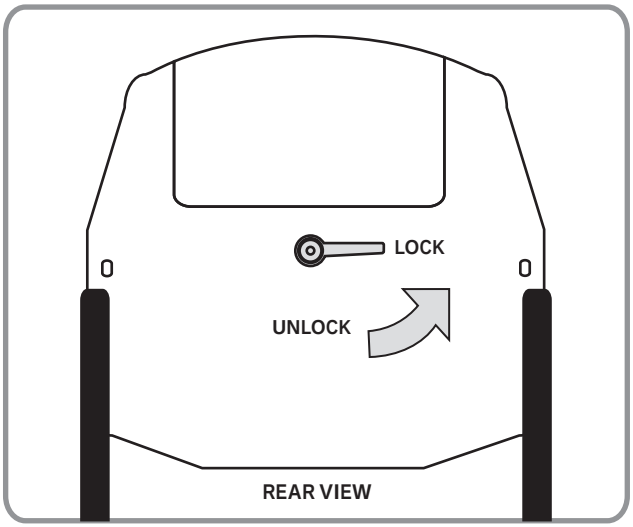
Caution: Injury to the user could occur if lever is not pushed into the locked position and cap is not securely tightened. This could result in handlebar and console support falling onto the treadmill platform.

Step 3: Lock the Handlebar in Place

A. Rotate the handlebar down until it stops.



B. On the back side of the console lock the handlebar in place by turning the handle to the locked position.



Leveling the Treadmill

For optimum performance the treadmill should be level. To level the TR100 and TR200 model treadmills use the adjustable feet underneath the back of the treadmill. Loosen the lock nut on each foot and unscrew the feet to the desired height making sure that the treadmill sits stable and even on the floor. Tighten each lock nut.

Adaquate Space

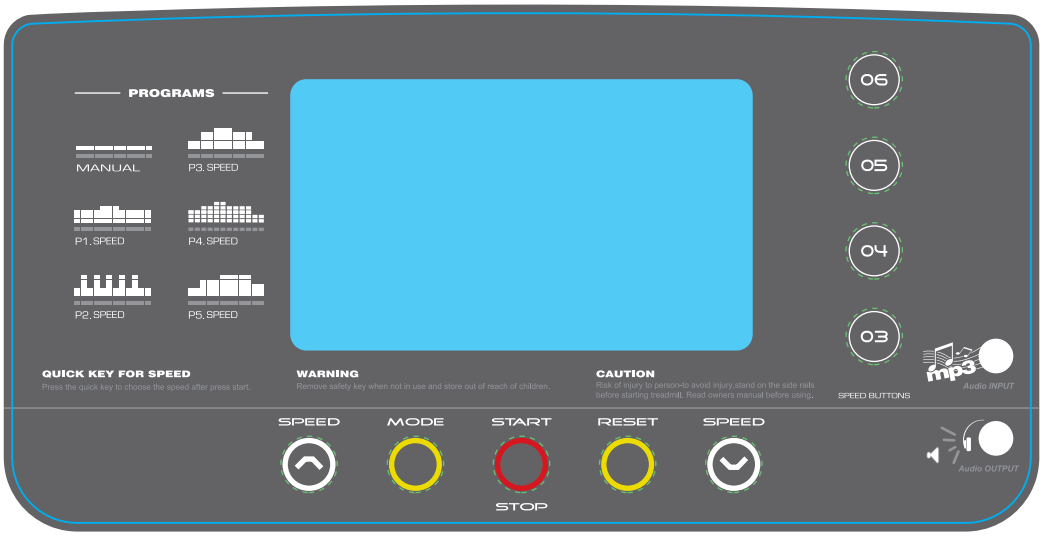
Make sure you have room to lay the treadmill down. There needs to be at least 2 feet of clearance on both sides and in the front of the treadmill. There should be at least 4 feet of clearance on the back side of the treadmill for safety reasons. If the user were to fall this would give adequate clearance to get off the treadmill.

Moving

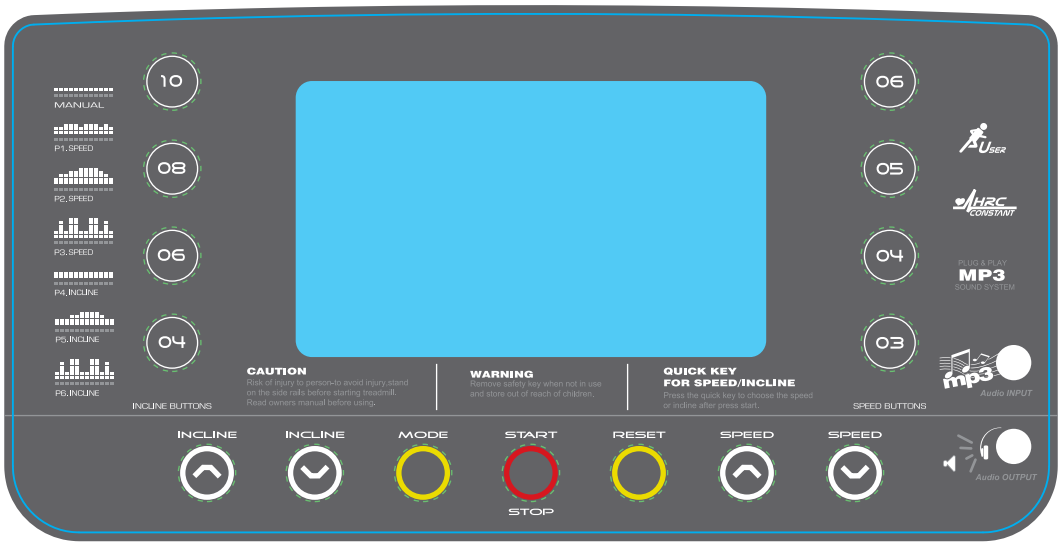
The treadmill is equipped with transport wheels located in front. To move, lift up on the back end of the frame. Relocate the treadmill by rolling the treadmill on these wheels.

Display Console

TR100



TR200



Start / Stop: Press the START button to begin a Manual workout without having to set any individual information. When the program begins your workout time will start counting up from 00:00 and you can manually adjust the incline or speed as you exercise. If you need to temporarily stop your workout, press the START button to PAUSE. To RESTART the workout, press the START button. When your workout is completed, the console will reset after 30 seconds.

Reset: Press the reset button to exit your exercise program or restart program set up.

Mode: The MODE button is used to Select each piece of information needed during program setup including Program and Workout Level.

Display Console

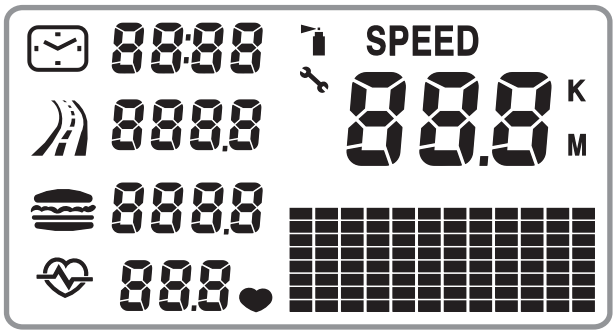
Speed Control Buttons: The up and down arrows for Speed control are used to modify the value of each selection during the program set up and to adjust the speed of the walking belt during use.

Incline Control Buttons (TR200 only): Up and Down arrows for incline control are used to adjust the incline of the walking belt during use.

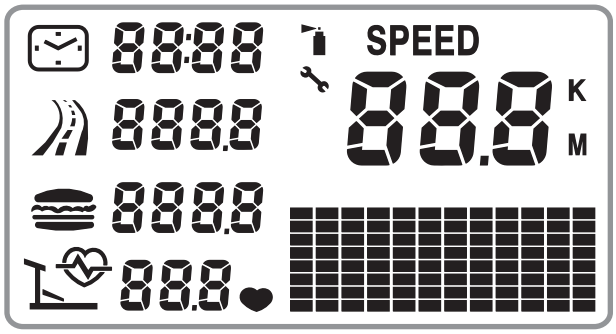
Quick Select Buttons: The TR100 and TR200 come with 4 quick select buttons for speed and the TR200 also includes 4 quick select buttons for incline. These buttons allow you to quickly jump directly to the desired speed or incline rather than requiring that you scroll to get to the value.

Display Screen

TR100



TR200



Workout Feedback: The TR100 and TR200 display window will simultaneously display the following workout information:

Time: The workout time elapsed or the workout time remaining

Incline (TR200 only): The level of belt incline ranging from 0-10

Speed: The speed you are traveling in Miles Per Hour (this reading can be changed to Kilometers by using the Engineering Mode)

Calories: Estimated calories burned since the beginning of the workout

Distance: Total distance traveled in miles or kilometers since the beginning of the workout

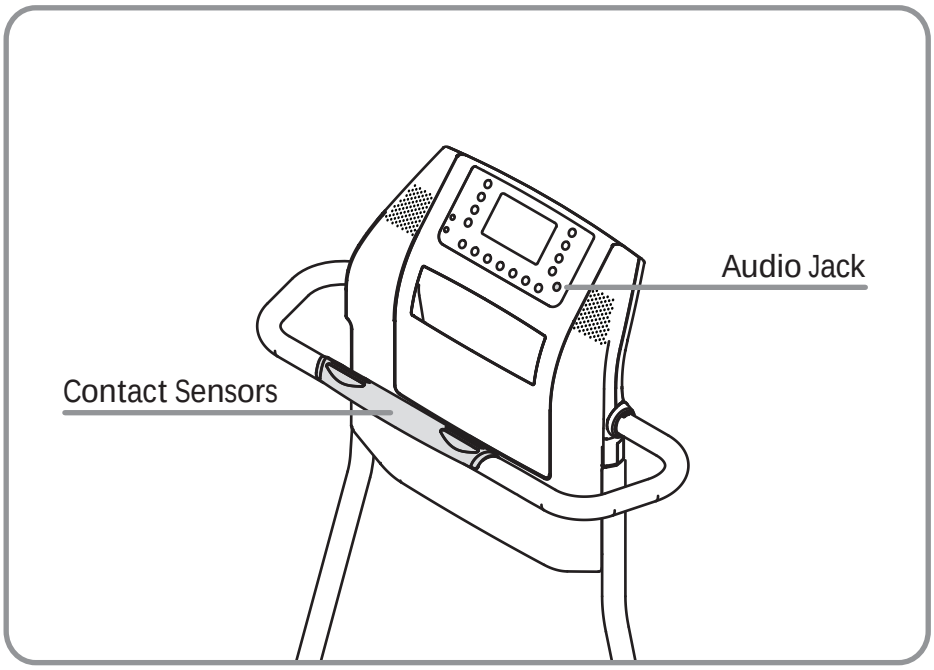
Pulse: Your measured heart rate using the Contact Heart Rate sensors located on the handlebars

Lubrication: This icon turns on when it is time to apply silicone lubricant to the running belt

Maintenance: This icon turns on when it's time to clean and check all hardware on the treadmill

For more information on Lubrication and Maintenance please see page 34.

Reading Your Heart Rate



Contact Heart Rate Sensors are built into the stationary hand grips of the TR100 and TR200 to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip, with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands or you can warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.

Audio Package: Included are audio in and audio out jacks to use with MP3 players or other audio devices with standard input jacks and also an output jack to use headphones.

Note: Volume is controlled by your mp3 or other audio device. There are no volume controls on the console.

The preset programs default to 24 minute workout time but you can adjust these times during program set up. You can also select from 3 di□erent intensity levels during the program set up.

The TR100 comes with 5 programs that control the speed of the walking belt during your program to vary the e□ort required during your workout.

The TR200 comes with 3 programs that control the speed and 3 programs that control the level of incline to vary the e□ort required during your workout. All chart speeds below are in MPH.

TR100 Preset Programs

P1: Long Slow Distance - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	0.9	0.9	1.2	1.5	1.8	2.1	1.8	1.5	1.2	1.2	0.9	0.9
L2	1.5	1.5	1.8	2.1	2.4	2.7	2.4	2.1	1.8	1.8	1.5	1.5
L3	2.1	2.1	2.4	2.7	3.0	3.3	3.0	2.7	2.4	2.4	2.1	2.1

P2: Interval - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	0.6	3.7	0.6	3.7	0.6	3.7	0.6	3.7	0.6	3.7	0.6	0.6
L2	1.2	4.3	1.2	4.3	1.2	4.3	1.2	4.3	1.2	4.3	1.2	1.2
L3	1.8	4.9	1.8	4.9	1.8	4.9	1.8	4.9	1.8	4.9	1.8	1.8

P3: Pyramid - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	0.6	0.6	1.8	2.4	3.0	3.7	3.0	2.4	1.8	1.8	0.6	0.6
L2	1.2	1.2	2.4	3.0	3.7	4.3	3.7	3.0	2.4	2.4	1.2	1.2
L3	1.8	1.8	3.0	3.7	4.3	4.9	4.3	3.7	3.0	3.0	1.8	1.8

P4: Speed Walk - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	1.2	1.2	2.4	2.4	3.7	3.7	2.4	1.8	1.8	1.8	0.6	0.6
L2	1.8	1.8	3.0	3.0	4.3	4.3	3.0	2.4	2.4	2.4	1.2	1.2
L3	2.4	2.4	3.7	3.7	4.9	4.9	3.7	3.0	3.0	3.0	1.8	1.8

P5: Speed Walk - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	0.6	0.6	1.8	1.8	1.8	3.0	3.7	3.7	3.0	3.0	1.2	1.2
L2	1.2	1.2	2.4	2.4	2.4	3.7	4.3	4.3	3.7	3.7	1.8	1.8
L3	1.8	1.8	3.0	3.0	3.0	4.3	4.9	4.9	4.3	4.3	2.4	2.4

TR200 Preset Programs

P1: Rolling Hills - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	1.2	1.2	1.8	2.5	1.8	1.2	1.8	2.5	1.8	1.2	1.8	1.2
L2	1.8	1.8	2.5	3.1	2.5	1.8	2.5	3.1	2.5	1.8	2.5	1.8
L3	2.5	2.5	3.1	3.7	3.1	2.5	3.1	3.7	3.1	2.5	3.1	2.5

P2: Uphill Walk - Speed

	1	2	3	4	5	6	7	8	9	10	11	12
L1	1.2	1.8	2.5	3.1	3.7	4.3	4.3	5.0	5.0	3.7	2.5	1.2
L2	1.8	2.5	3.1	3.7	4.3	5.0	5.0	5.6	5.6	4.3	3.1	1.8
L3	2.5	3.1	3.7	4.3	5.0	5.6	5.6	6.2	6.2	5.0	3.7	2.5

P3: Long Interval - Speed

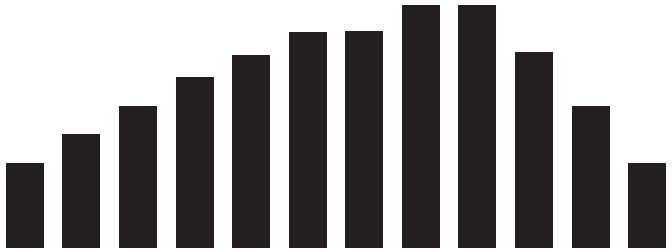
	1	2	3	4	5	6	7	8	9	10	11	12
L1	0.6	4.3	1.2	5.6	5.6	1.2	1.2	5.6	5.6	1.2	4.3	0.6
L2	1.2	5.0	1.8	6.2	6.2	1.8	1.8	6.2	6.2	1.8	5.0	1.2
L3	1.8	5.6	2.5	6.8	6.8	2.5	2.5	6.8	6.8	2.5	5.6	1.8

P4: Rolling Hills - Incline

	1	2	3	4	5	6	7	8	9	10	11	12
L1	2	2	3	4	3	2	3	4	3	2	3	2
L2	3	3	4	5	4	3	4	5	4	3	4	3
L3	4	4	5	6	5	4	5	6	5	4	5	4

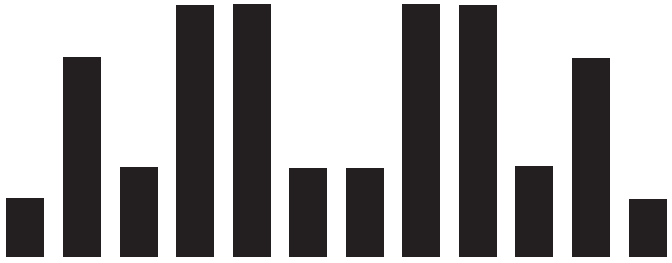
P5: Uphill Climb - Incline

	1	2	3	4	5	6	7	8	9	10	11	12
L1	2	3	4	5	6	7	7	8	8	6	4	2
L2	3	4	5	6	7	8	8	9	9	7	5	3
L3	4	5	6	7	8	9	9	10	10	8	6	4



P6: Long Interval - Incline

	1	2	3	4	5	6	7	8	9	10	11	12
L1	1	6	2	8	8	2	2	8	8	2	6	1
L2	2	7	3	9	9	3	3	9	9	3	7	2
L3	3	8	4	10	10	4	4	10	10	4	8	3



Custom User Set-up Programs

This program allows the user to preset the speed and incline levels for a personalized workout.

My Zone Heart Rate Control Program

The TR200 come with constant heart rate control program. The Heart Rate Control program uses both speed and incline to keep your heart rate at th set limit.

> Note: To use the Heart Rate Control programs the treadmill needs to receive your heart rate throughout the entire workout either through using the Contact Heart Rate sensors.

Constant Heart Rate Control: The "Constant" program lets you select a single heart rate that you want to maintain throughout your workout and the treadmill will maintain this heart rate for you by adjusting the speed and the incline. There is a 3 minute warm up before the actual program starts.

Typically for Weight Loss set the target heart rate at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum. Refer to the Heart Rate Training section of this manual to determine your optimal training zones based on your age and exercise objectives or visit:

http://www.lifespan□tness.com/article_weight_calc2.asp

Operating Your Display Console

Starting in Manual

The quickest way to get started is to press the START button. Pressing the START button will start the treadmill in the Manual program and the TIME will start counting up from 00:00. You can also press Speed Up/Down button to select M for Manual program. Using the Mode button will allow you to set a specific workout TIME.

Setting Time in Manual Mode

Insert the safety key and press the Speed Up/Down buttons until "M" is displayed at the bottom of the screen. Press the Mode button and the time begins □ashing. Press the Speed Up/Down button to set the desired workout time. Press Start and the time will count down from the set time. Press Start/Stop button to pause your workout and press it again to resume workout. Press the Reset button to rest the console.

Starting a Preset Program TR100 (5 Preset Speed Programs)

1. Insert the safety key and press the Speed Up/Down buttons until the desired program is displayed (P1 to P5).
2. Press the Mode button and use the Speed Up/Down butttons to select a level (L1 to L3).
3. Press the Mode button and press the Up/Down button until the desired time is set.
4. Press the Start button. The treadmill will start and the count down from the set time.

Starting a Preset Program TR200 (3 Preset Speed and 3 Incline Programs)

1. Insert the safety key and press the Speed Up/Down buttons until the desired program is displayed (P1 to P6). The first 3 are Speed programs and the next 3 are Incline programs.
2. Press the Mode button and use the Speed Up/Down buttons to select a level (L1 to L3).
3. Press the Mode button and press the Up/Down button until the desired time is set.
4. Press the Start button. The treadmill will start and then count down from the set time.

Custom User Mode

User Mode must be set up before using. To set up the User Mode:

1. Insert the safety key and press the Speed Up/Down buttons to get the user program (U1).
2. Press the Mode button and the time will flash. Use the Speed Up/Down button to set the time (default time: 24 minutes).
3. Press the Mode button to select the speed and incline for Segment 1. Use the Speed Up/Down buttons to set the speed. Use the Incline Up/Down buttons to select the incline level.
4. Press Mode and repeat step 3. Continue to press Mode and set the desired speed and incline levels for all 12 Segments.
5. Press the Start button to begin your workout.

Once the program has been set up, simply scroll to the USER1 program and press START.

Using Heart Rate Control Programs

The constant Heart Rate Control (HRC) program requires that you set a heart rate that the display console will maintain throughout the workout.

HRC- Constant

1. Insert the safety key and press the Speed Up/Down buttons until HRC is displayed in the console.
2. Press the Mode button and use the Speed Up/Down buttons to set the desired workout time The default time is 24 minutes.
3. Press the Mode button and use the Speed Up/Down buttons to set up your correct age.
4. Press the Mode button and use the Speed Up/Down Buttons to select the Target Heart Rate.
5. Press the Mode button and use the Speed Up/Down buttons to set the Max. speed.
6. Press the Mode button and use the Speed Up/ Down buttons to set the Max. Incline.
7. Press the Start button, the treadmill will run through a 3 minute warm up at 2 MPH and incline to level 5. After the 3 minute warm up the treadmill will start to change speed and incline to get your heart rate to your Target Heart Rate.

Note: If the treadmill does not pick up your heart rate within 30 seconds after the warm up period the treadmill will stop for safety reasons.

Operations

While exercising you can change the Speed and Incline Level by pressing the UP / DOWN buttons. To pause your exercise program press the START button and to reset your program, press the Reset button

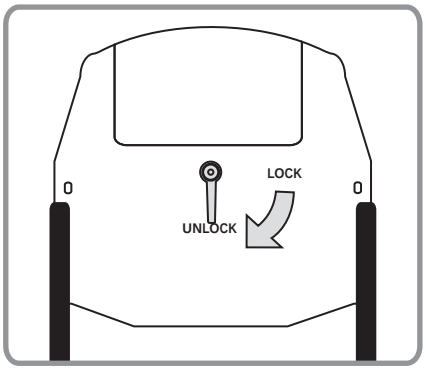
Fold N Store

The TR100 / TR200 treadmills have been designed to give you a number of simple storage options. These treadmills can be folded and stored under a bed, tucked away in a corner or even stored in a closet.

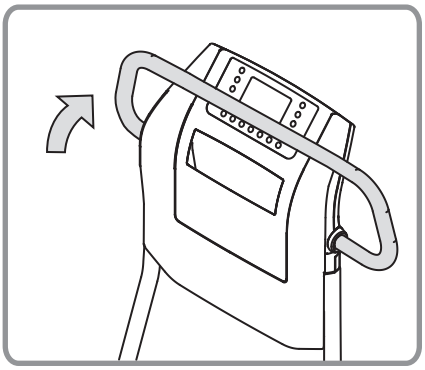
Upright Storage

Step 1: Moving the Handlebar to the Upright Storage Position

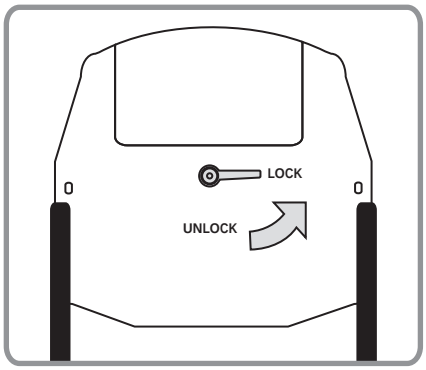
A. On the back of the console, turn the Locking Handle clockwise to UNLOCK .



B. Lift the Handlebar upwards as shown below.



C. Turn the Locking Handle counterclockwise to the LOCK position.

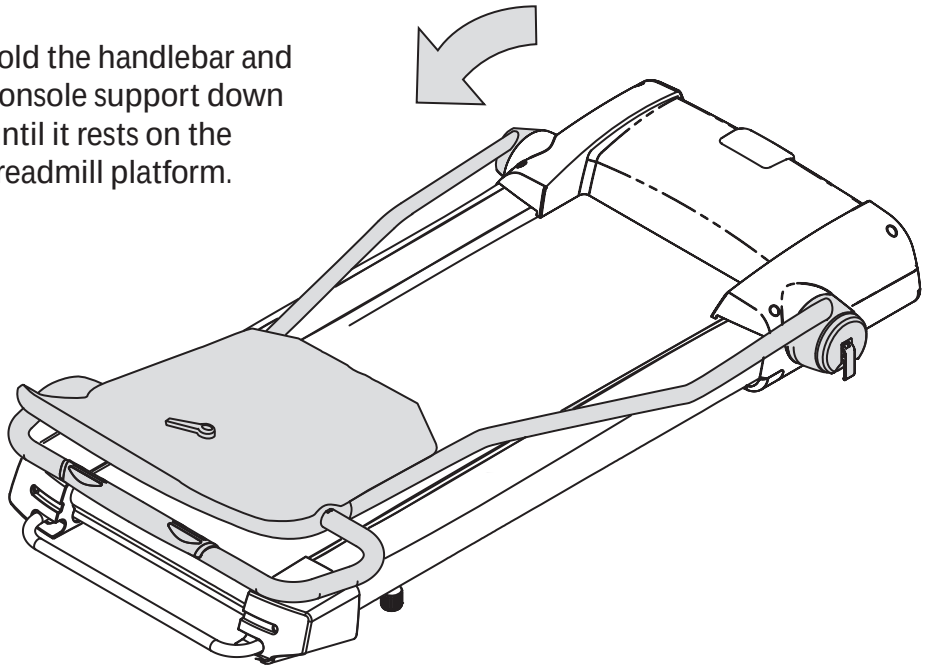


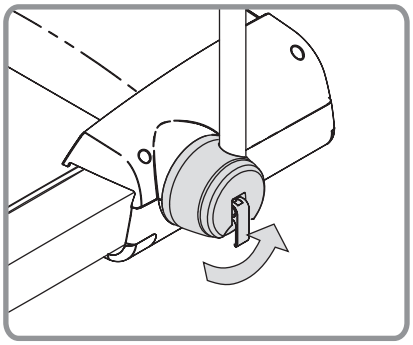
Step 2: Folding the Console Down to the Walking Surface

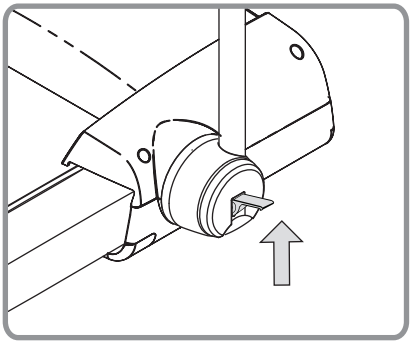
A. Rotate the blue round cap on each side ½ turn counterclockwise to release any pressure on the locking mechanism.

B. Release the Quick Release lever on the same round cap. Repeat on the opposite side.

C. Fold the handlebar and console support down until it rests on the treadmill platform.

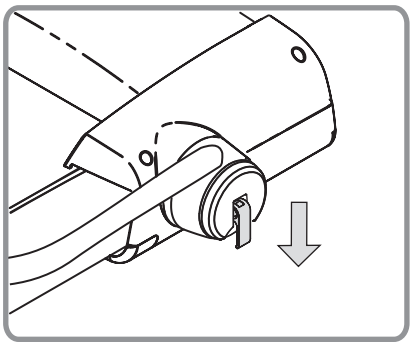




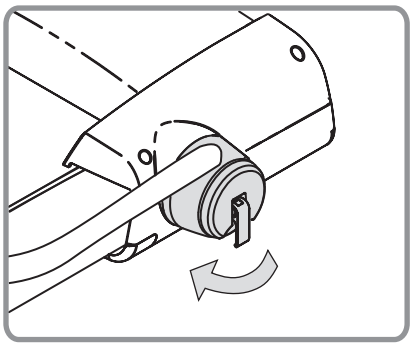


Step 2: (continued)

D. Press in the Quick Release lever to lock the handlbar and console support in place.



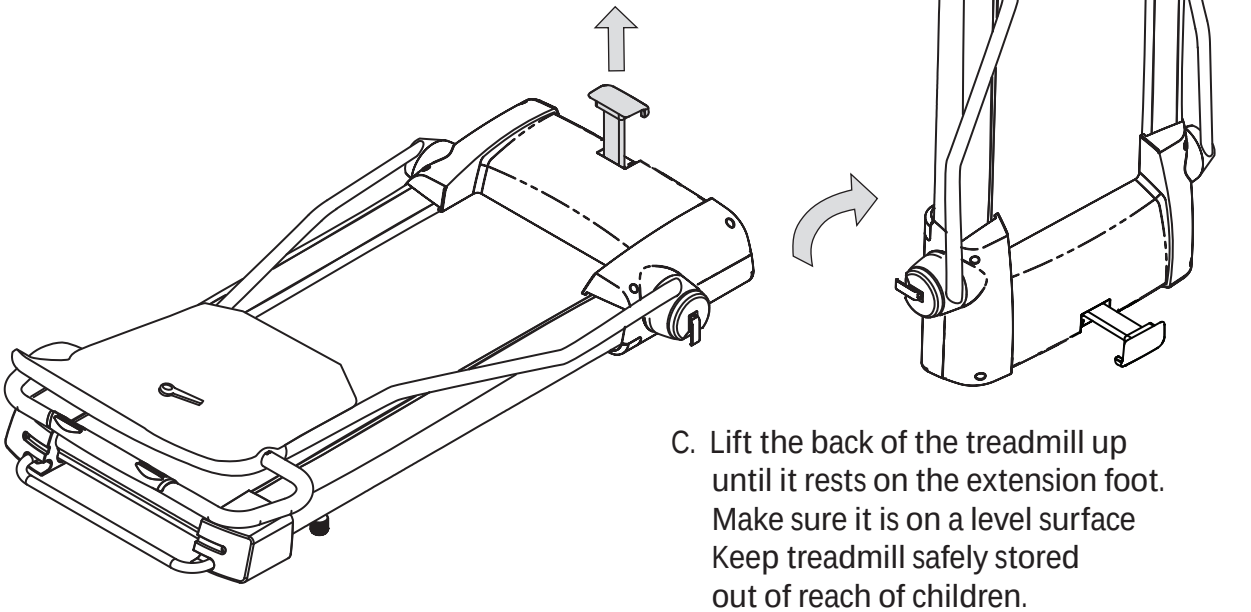
E. Turn the blue round cap clockwise to tighten and secure the joint. Repeat on the opposite side.



Step 3. Standing Up the Folding Treadmill

A. Turn o the power switch located by the plug at the base of the treadmill. Unplug the power cord from both the wall and the treadmill.

B. Pull up the blue extension foot located on the top of the hood.



C. Lift the back of the treadmill up until it rests on the extension foot. Make sure it is on a level surface Keep treadmill safely stored out of reach of children.

Note: The treadmill is equipped with transport wheels located in front. To move, lift up on the back end of the frame. Relocate the treadmill by rolling the treadmill on these wheels.

Belt Lubrication

Use only 100% Silicone and avoid using aerosol silicone sprays which include additives and petroleum distillates. One ounce of Silicone should be used for each application. LifeSpan o□ers 100% silicone lubricant that can be ordered at www.lifespan□tness.com.

The running belt should be lubricated every 3 months (regardless of use) or every 50 hours of use, whichever comes □rst. Even if the treadmill is not being used, silicone will dissipate over time and the belt will dry out.

Note: Even though the running belt is lubed from the manufacturer, you should lubricate the running belt when □rst using the treadmill in case the belt has dried some between the dates the unit was manufactured and when it was purchased.

The Silicone icon will turn on in the display every 100 hours of use and is a reminder that it is time to lubricate the running belt. As indicated above it is best to lubricate the running belt every 50 hours of use. This is a reminder for the 2nd 50 hours. The icon will be in the display for 5 minutes and then it will turn o□. To turn the icon o□ you can simply press the SPEED DOWN and START buttons simultaneously untill the icon turns o□.

Apply the silicone to the underside of the treadmill belt. Do not apply to the walking surface. This may be accomplished by folding the treadmill and applying the silicone to the back of the belt from each back corner. Spray the silicone down and across the belt from each corner. Rotate the belt 1/2 of the circumference and repeat from each corner.

Note: When lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone o□ the belt and frame.

Cleaning and Maintenance

It is recommended to wipe the treadmill down after each use to keep the treadmill clean and dry. A mild detergent may be used at times to help remove all dirt and salt from the belt, painted parts and the display.

The Maintenance icon shows up in the display every 150 hours of use. This is a reminder to clean the unit really good. This cleaning would include removing the motor cover and cleaning around the motor and electronics. It is recommended to clean the motor compartment if the treadmill is in an area where there might be a lot of pet hair or plush carpet □bers that could get pulled up into the motor compartment. It is a good idea at this time to check and tighten all assembly hardware as well.

Warning: Unplug the Power Cord Before Removing the Motor Cover.

After cleaning and checking all assembly hardware, turn the maintenance icon o□, by pressing SPEED DOWN and START buttons simultaneously until the icon turns o□.

Troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: The console is erratic or not lighting up
Solution: Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. If the problem persists contact LifeSpan Customer Service.

Problem: The belt does not stay in the center of the treadmill when in use.
Solution: First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt.

Problem: The treadmill motor seems strained or E1 comes up after several minutes of use.
Solution: The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray.

Problem: The treadmill belt slips during use.
Solution: The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual.

Problem: Speed does not match quick keys. Treadmill Starts at 1 and goes to 16.
Solution: The treadmill is set up in Metric Mode. See chart on next page for Console Engineering Mode.

Problem: Heart Rate is erratic or not picking up.
Solution: Make sure your hands are moist (Aloe Vera helps). Make sure all connectors at the back of the console are properly connected and no wires are damaged.
If wearing a chest strap make sure the batteries are good and that the electrodes are moist and position properly on your chest.

Problem: Treadmill automaticaly pauses during workout.
Solution: Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli Guard off.

Problem: Silicon icon lights up on console.
Solution: Lubricate the running belt with 100% pure silicone. Then simultaneously press and hold the Speed Down and Start/Stop buttons until the light turns off.

Problem: Maintenance icon lights up on console.
Solution: This light indicates a scheduled cleaning and maintenance should be done. Please read the Cleaning section in this manual for details. To turn the icon off press the Speed Down and the Start/Stop buttons simultaneously.

Engineering Mode	Display View
(TR100) Press Reset + Speed Down button simultaneously and hold till display changes and shows Year and date. Pressing Start shows the software version.	2009 501 100 VER
(TR200) Press Reset + Speed Up button simultaneously and hold till display changes and shows Year and date. Pressing Start shows the software version.	2009 501 100 VER
Press Mode The console changes to show the Roller Diameter	500 ROL
Press Mode The LD Version shows up in the display	500 LDU
Press Mode The ISP Version shows in the display	541 ISP
Press Mode This screen allows the user to change between Miles (M) or Kilometers (K). Press the up or down arrows to change between the two modes.	KM / M
Press Mode This screen shows the Total Distance	0 010 KM / M
Press Mode This screen shows Total Hours	0 005 HRS
Press Reset + Mode This saves any changes and resets the console	

Belt Tensioning

If the belt begins to slip during use, it will need to be tensioned. Your treadmill is equipped with tension bolts that are accessible from the back of the treadmill. Before tensioning the belt, start the treadmill and set the speed to 3 MPH. Using a 6 mm Allen Wrench, included in your hardware bag, turn the right and left tension bolts 1/2 turn, alternating back and forth until the belt slipping stops. After you adjust each side 1/2 turn, test to see if the slipping is eliminated. If the belt still slips repeat this step and test again.

If you turn one side more than the other, the belt will start to drift to the side of the treadmill and need to be aligned. Do Not tighten more that 2 full turns on each side. If slippage still occurs, contact LifeSpan Customer Service.

Note: Over tensioning the belt can cause unnecessary friction and wear and tear on the belt, motor and electronics.

Aligning the Running Belt

Ensure the running belt is centered on your treadmill at all times. Running style and a non- level surface are two instances that may cause the belt to drift o center. Minor adjustments to the two bolts at the rear of the treadmill are necessary when the belt has drifted o center.

1. Press "START", then increase the treadmills speed to 3MPH.

2. Stand at the rear of the treadmill to determine which direction the belt is drifting.

3. If the belt drifts to the left, turn the left adjustment bolt one-quarter turn clockwise and the right adjustment bolt one-quarter turn counter-clockwise. (See FIG.C)

4. If the belt drifts to the right, turn the left adjustment bolt one-quarter turn counter-clock wise and the right adjustment bolt one-quarter turn clockwise. (See FIG.D)

5. Observe the tracking of the belt for about two minutes. Repeat steps 3, 4 and 5 as needed.

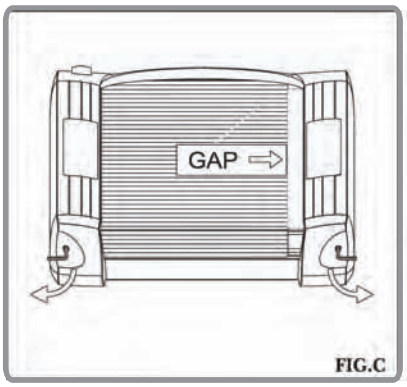


FIG.C

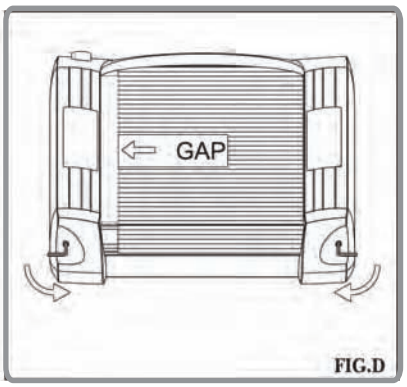


FIG.D

LifeSpan by PCE HEALTH & FITNESS

TR100 / TR200

Folding Treadmill

TREADMILL MODEL NUMBER - ***TR100 / TR200***

Version 1.1

SERIAL NUMBER :

MADE IN TAIWAN